**Conversation starters**

**Take Talk-And-Walk-A-Thon Home | Questions With My Family**

* If you could make three family rules, what would they be?
* What are the most important things we’ve learnt from each other?
* What do you like best about your siblings?
* What do you think are the most important qualities of a good parent or carer?
* What is your favourite family tradition?
* What is your favourite thing about our family?
* What should we do more of as a family?
* What should we do less of as a family?
* If you could change one thing about your room, what would it be?
* What is something your parent or carer didn’t have growing up that you are glad you have?
* What is something you don’t need, but you’re grateful you have?
* What do you think is the best part about being a parent or carer?
* If you could make a rule for a day and everyone had to follow it, what would it be?
* What do you hope never changes?
* What day do you look forward to the most each week or each year?
* Among our family, what are you most famous for?
* What’s your favourite family memory?
* What’s something you wish everyone knew about you?
* When you’re feeling sad, what makes you feel better?

© Peer Support Australia 2022